Deliberate and Accidental Exceptions - Concept brief

Understand the idea behind deliberate and accidental exceptions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin worked well in a quiet waiting room without planning to.

The idea

A helpful difference can be noticed even when it was unplanned.

An ordinary example

Devin worked well in a quiet waiting room without planning to.

What this can look like

Compare one intentional change with one helpful accident and identify what can be repeated.

Check the fit

What part of the accident can become a chosen support? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A preferred future can include advocacy, accommodations, and external change; optimism is not required.

Reflection

What part of the accident can become a chosen support?

Scope and adaptation

Acknowledge distress and structural barriers before asking about change. Do not use exceptions or compliments to dismiss harm. A personal scale is a conversational aid, not a validated outcome measure, risk screen, or reason to withhold assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is Solution-Focused Therapy?. Full source links and scope: library.morethantherapy.org/approaches/resources/SFB-A05-1